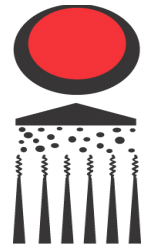


# HEART TO HEART NEWSLETTER

WINTER 2011



"For the Love of Native People" –www.sihb.org

## Stress Management & Tradition

American Indians and Alaskan Natives have engaged in the practice of healing in the physical, emotional, spiritual, and mental health arenas for generations. As it was told to me, culture and lifestyle functioned to support transitions, development, healing, and roles for each member in the community. I have learned that there are diverse ways of healing, and that there is not a term in the community knowledge that is similar to the word stress. It was told to me that there are, traditional ways that support the individual and the community when needed, and many of these ways have been passed on and are practiced today. To name a few: the ceremony for coming of age, name giving, mourning for a loved one, healing teas, or healing through prayer and sweats, learning through a spiritual mentor or knowledge shared by an elder. The heart of tradition thrives in ceremonies, songs, dances, and speaking. It is nurtured in the knowledge of nutritional foods, drinks, and medicines that have been and continue to be important for healing and preventing illness. Tradition supports balance in spirit, identity, growth, and in healthy relationships. The knowledge of tradition has survived and continues to be nurtured and given to each generation.

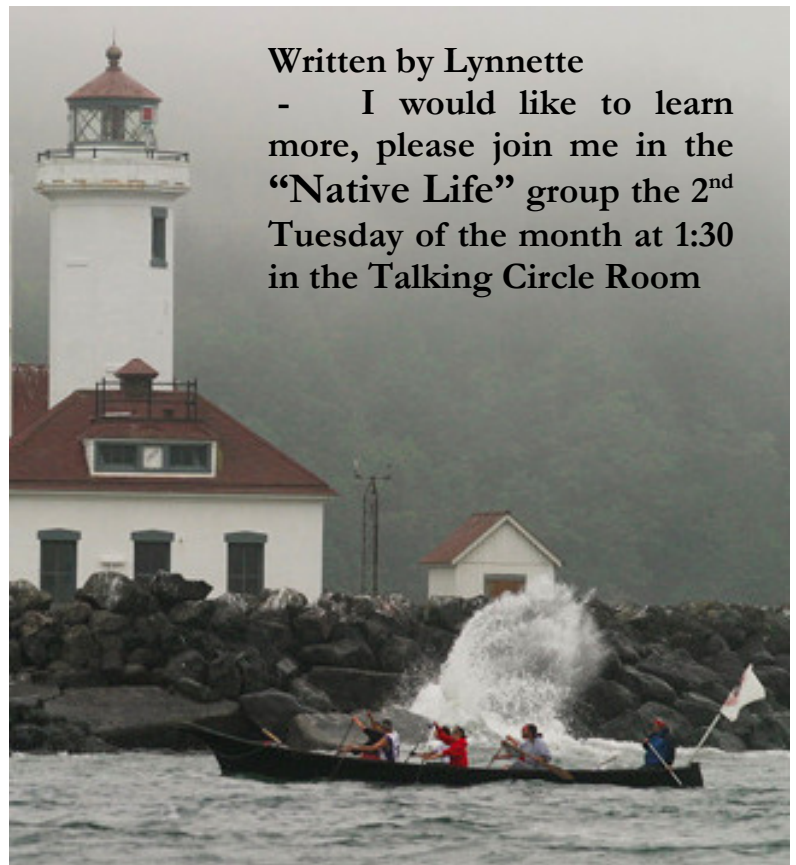
I remember when my great grandmother would come to visit and she would bring her hand drum and she would sing. I had been small, sitting close and leaning my ear against her chest to listen to her heart beat, the sound of her voice singing, and the rhythm of the drumming. Great Grandmother had said to me "remember these songs, it is your language". My heart recalls the rhythm; the words are lost to me. Without the language, the culture is remembered like moments and not as it was meant to be, our way of life. I want to thank those who remember and share their stories and language; this is how we continue to be.

It is by word of mouth from our community that I really wanted to learn about traditional stress management. So, I asked SIHB staff, including Chris Chastain, Annette Squetimkin-Anquoe, elders and community members, and my family.

**"What are some of the traditional ways for managing stress?"**

**"As it was told to me..."**

- Speak with a spiritual advisor.
- Herbal Medicine, Sage, Cedar, or Smudge.
- Speak in a talking circle.
- Storytelling, Prayer, Song, or Dance.
- Explore the Medicine Wheel.
- Fresh or salt water baths, Sweat.
- Cultural rituals or ceremonies.
- Go to church, study the bible.
- Run east in early morning before sunrise.
- Spend time with family.
- Do something for an elder or the community.



Written by Lynnette

- I would like to learn more, please join me in the "Native Life" group the 2<sup>nd</sup> Tuesday of the month at 1:30 in the Talking Circle Room

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## STAFF FOCUS

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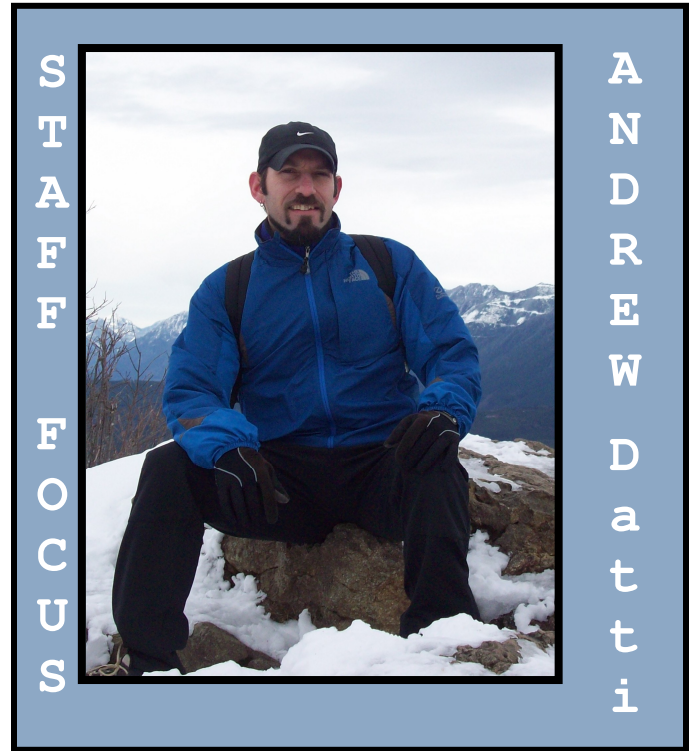
### Who is new with the Healthy Heart Team? Lets meet Andrew Datti

Hello everyone! I've enjoyed being the Group Exercise Coordinator for the Healthy Heart since 2009. The wonderful participants of "Let's Keep it Moving" have formed a close-knit group of friends who encourage each other to "keep it moving".

I began exercising when I was 12 years old. I completed 2 bachelor's degrees in both Exercise Science and Nutrition. I became certified to perform exercise testing and instruction through the American College of Sports Medicine I am currently nearing completion of my Doctorate in Naturopathic Medicine.

I have experience working with many populations with special needs, age ranges 12-97, and have evolved my fitness philosophy to be adaptable to anyone.

I do not believe in the "No Pain, No Gain" philosophy. I believe exercise can be adjusted to be safe, accessible and enjoyable to anyone, including you. I will meet you where you are currently and guide



you with patience and encouragement to develop a safe and effective exercise program to help you improve your health in many ways. I am confident that I can provide an effective exercise program that will empower you to reach your health goals allowing you to take control of your diabetes. Join the fun! Tue. & Thur. 2:30-3:30

**Let's Keep It Moving!"**

### Life Coach : Bev Sears

Living with diabetes changes your life, eating right, your budget, and how you

your lifestyle, your time spent on exercising and celebrate.

The destination is good health. Sometimes it may seem like too much to deal with alone and the people in your life that support you may have too much of their own life to deal with.

The life coach is available to provide additional support. These services are confidential and are not direct counseling or medical care. Bev provides an opportunity to express feelings and talk about problems. She is a great listener, assists with problem solving, and reaffirming tough decisions.

When it is difficult to meet at the Seattle Indian Health Board, Bev can make a phone call once in a while to just check in. To schedule an appointment; just ask a Healthy Heart staff to get you scheduled or leave a message with Lynnette at 206-324-9360 x2651.

## An Indian Prayer

O'Great Spirit!  
Whose voice I hear in the winds  
And whose breath gives life to all the  
world,  
Hear me! I am small and weak.  
I need your strength and wisdom.

Let me walk in beauty, and make my  
eyes  
Ever behold the red and purple sunset.

Make my hands respect the things you  
have  
Made and my ears sharp to hear your  
voice.

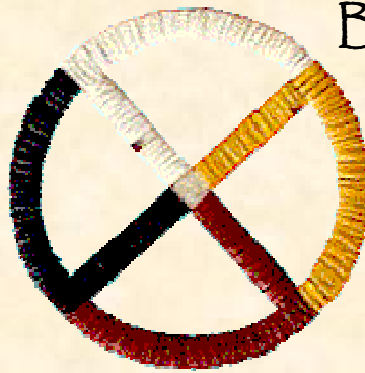
Make me wise so that I may understand  
The things you have taught my people.

Let me learn the lessons you have  
hidden  
In every leaf and rock.

I seek strength, not to be greater than  
any  
Brother, but to fight my greatest  
Enemy-myself.

Make me always ready to come to you  
With clean hands and straight eyes.

So when life fades, as the fading  
sunset,  
My spirit may come to you  
With out shame.



## Benefits of Being Active

Lowers blood glucose.  
Activity makes your body more  
sensitive to the insulin you make.  
Activity burns glucose (calories).

Lowers blood pressure.  
Activity helps your heart pump stronger and slower.

Improves blood fats.  
Exercise can raise good cholesterol (HDL)  
and lower bad cholesterol (LDL) and triglycerides.

Lose weight and keep it off. Activity burns calories.  
If you burn enough calories, you'll trim a few pounds.  
Stay active and you'll keep the weight off.

Lowers risk for other health problems.  
Reduces your risk of a heart attack or stroke, some  
cancers, and bone loss.

Gain more energy and sleep better. You'll get  
better sleep in less time and have more energy, too.

Relieves stress. Work out or walk off daily stress.

Builds stronger bones and muscles.  
Weight bearing activities, such as walking, make  
bones stronger. Strength training activities, such as  
lifting weights (or can of beans), makes muscles  
strong.

Be more flexible.  
Move easier when you are active.

Helps decrease feelings of depression.

Source: American Diabetes Association

## Words of Wisdom: spoken by our own Healthy Heart Participants

### “Why is coming in to the clinic for eye care important to you?”

**Janice:** “I need to know that I’m not having any damage being done to my eyes due to my diabetes, and to make sure that my eyeglass prescription is current. I love to read and write, so I need to make time to keep my eyes healthy.”

**Maria:** “I need to see properly and keep my eyes healthy so I can continue to read, do crafts, and enjoy my bead-work. I make sure to come in every year to have my eyes checked.”

**John:** “Getting my eye exam once a year is part of my diabetes care. One thing I like to do with my eyes is roll them around [laughs]...really, I like sightseeing and I want to be able to drive to the mountains and back home to Minnesota for visits.”

Eye Care (dilated eye exams) are provided for SIHB patients with diabetes on the first Tuesday of the month, make an appointment. Call the consulting nurse if you notice these problems with your eyes:

- Floating spots or Dark spots
- Clouding
- Color vision less clear
- Looks like a “shade” has been drawn over the field of vision (go to Emergency Room)
- Hard to see when driving at night



**The journey is yours.**

**Keep your eyes healthy it is the way to see the journey ahead.**

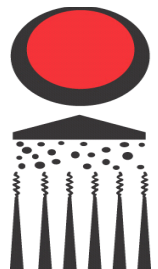
**Keep your heart strong it is the way to continue moving forward on the journey.**

### Your Diabetes & Healthy Heart Team 206-324-9360

Judy Tomassene	x 2645	Supervisor, Dietitian & Educator
Dawn Giberson	x 2646	Nurse & Educator
Anna Santiago	x 2648	Medical Assistant
Heather King	x 2649	Dietitian, Educator & Case Manager
Andrew Datti	x2649	Fitness & Activity Instructor
Lynnette Roberts	x 2651	Case Manager
Bev Sears	x 2651	Life Coach
Shannon Mathis	x 2652	Data Specialist & Office Assistant



Healthy Heart Project – A wellness program to promote heart health for all Native Americans and Alaska Natives living with diabetes



## Get Ready for Winter!

### Clothing

Pack away summer clothes and unpack winter wear, wash, and donate what doesn't fit.  
Use heavy pajamas, warm slippers, and warm robe.  
Buy mitten clips, outerwear, and thermal underwear.

### Kitchen / Food

Switch menu to include cold weather foods like stews & chowders.  
Can and / or freeze vegetables, fruits, berries, jams and jellies.  
Clean under and behind the refrigerator.

### Organization

Declutter your house and make a donation for charity.

### Health

Stock up on Vitamin C, cold medicine, Echinacea and other herbal supplements and teas.  
Test or purchase humidifier and vaporizer.  
Get flu and pneumonia shots.  
Bring out heavy moisturizers and lip balms.  
Clean off exercise equipment and work out DVDs.  
For Seasonal Affective Disorder (SAD), consider buying a tanning package (use sun block).

### Family

Enjoy last family walks.  
Bring out the board games and cards.  
Make a list of books for reading and set up area.

### Indoors

Get out winter blankets, flannel sheets and lower thermostat a few degrees at bedtime.  
Test batteries in smoke and carbon monoxide detectors and have a series of family fire drills.  
Clean laundry vents.  
Prepare for power outages; check flashlights, candles and matches (child safety)  
Home's address needs to be visible, reflective or lighted.  
Check furnace, adjust vents; open floor and close ceiling vents.  
Clean / replace air filters.  
Clean the chimney, flue and dispose of ashes, and get firewood or pellets.  
Schedule energy audit with utility company.  
Weatherize home, including weather stripping and insulation.  
Seal windows and wall air conditioners, put up storm windows, and test windows used for fire exits.  
Cover water heater with water heater blanket.  
Insulate exposed pipes and post "How to Unfreeze Pipes".  
Clean rain gutters.

### Outdoors

Pack away gardening tools, supplies and equipment.  
Rake leaves, remove dead plants, insulate landscaping and compost.  
Drain water hoses and pack up pots and planters in a covered space or garage.  
Pack away lawn furniture and barbeque grill.  
Put away bicycles, motor cycles and kids summer toys and replace with winter toys and equipment.  
Set out ice melter, de-icer (calcium chloride) and sand (especially near stairs).  
Get snow shovels and blowers.

## Winter Preparations

Test batteries in smoke and carbon monoxide detectors.

Have a series of family fire drills.

Replenish first aid kit and instruction manual.

Check or purchase a multipurpose, dry-chemical fire extinguisher.

Clean laundry vents.

Home's address needs to be visible, reflective or lighted.

Check furnace

- adjust vents; open floor and close ceiling vents
- stock up furnace fuel (coal, propane, or oil)
- keep on hand electric space heater with automatic shut-off switch and non-glowing elements (usually single room heater, keep doors closed to keep room warm)

Clean / replace air filters.

Clean the chimney, flue and dispose of ashes, and get firewood or pellets.

Weatherize home, including weather stripping and insulation.

Seal windows and wall air conditioners, put up storm windows, and test windows used for fire exits.

Insulate exposed pipes and post "How to Unfreeze Pipes" near by.

Set out ice melter, de-icer (calcium chloride) and sand, especially near stairs.

Get snow shovels and blowers ready.

## Winter Emergency Kit

Prepare for power outages

- Check flashlights or battery-powered lantern, replace batteries.
- Stock up on candles and matches (child safety in mind).
- Alternative heating
  - generator
  - dry firewood for a fireplace or wood stove, or
  - kerosene for a kerosene heater
- Alternative cooking
  - Use all alternative heating and cooking sources meant for outdoors, outdoors.
    - Carbon monoxide poisoning is life threatening.
    - Read all safety instructions before use of alternative heating and cooking sources.
- non-electric can opener
- battery-powered radio
- battery-powered clock or watch
- extra batteries
- special needs items (diapers, hearing aid batteries, non-electric wheel chair, etc.)

## Winter Survival Kit

Keep several days' supply of these items:

- **Food** that needs no cooking or refrigeration,
  - such as bread, crackers, cereal, canned foods, and dried fruits.
  - Remember baby food and formula if you have young children.
- **Water** stored in clean containers, or purchased bottled water
  - (5 gallons per person) in case your water pipes freeze and rupture.
- **Medicines** that any family member may need.

If your area is prone to long periods of cold temperatures, or if your home is isolated, stock additional amounts of food, water, and medicine.